



MAY & JUNE 2021
KEELBOAT NOTICE OF TRAINING
06/05/2021

With reference to the most recent Irish Sailing Plan for “*Living with COVID-19 Updated 04/05/21*” (<https://www.sailing.ie/Coronavirus>), the Keelboat Committee is now in a position to offer training & coaching activity involving experienced sailors to practice and improve their sailing skills afloat in preparation for a full return to competition on 07/06/21.

It is proposed that 8 standalone training sessions will be offered to allow keelboat sailors to upskill in advance of the expected return to competition in June. Below detailed information on Keelboat training from May 13th to June 3rd.

1. **Date:** Thursday Evenings: May 13th 20th, 27th & 3rd June – Spin & White Sail
Friday Evenings: May 14th 21st, 28th & 4th June – White Sail Only
2. **Time:** Training Commences at 18.55 sharp
3. **Zoom:** Rep of each boat must attend pre-training zoom – Wednesday 20.00hrs weekly (link below)
4. **Where:** In the vicinity of Grassy – A committee training vessel may also be used.
5. **VHF:** CH 71

What do I need to do/know?

1. **Complete the training notice of interest weekly: (link below)**
This will allow the training coordinators to 1) understand how many boats and crews will be attending weekly training and 2) possibly delay the arrival and departure of boats (before and after training) to make sure the facilities remain covid compliant.
2. **Complete the Covid 19 Heath Checklist (link below)**
3. **Boat owners to complete the “Training Declaration Form”**
This will be forwarded to attendees who have completed the “notice of interest” no later than 10th May. The Training is open to all RCYC Keelboats members. The “Training Declaration form” must be completed & submitted before the first Training Session on 13th May 2021.

4. **COVID 19 Guidelines:** The Covid 19 guidelines per the Irish Sailing website (<https://www.sailing.ie/Coronavirus>) & per the Clubs CV19 Guidance (<https://www.royalcork.com/>) should always be adhered to. Boat owners/skippers will be required to hold and continue to hold up-to-date “Contract Tracing protocols” for all crew members and associates from your boat.
5. **Attend Pre-Training Skippers Meeting (link below)**
It is required that at least one representative of each training boat attends the “Pre-Training Zoom” meeting. We must have 100% attendance to discuss any queries or questions sailors may have in advance of taking to the water and use of the club facilities. We would also like to discuss the possibility of introducing weekend training sessions from Sunday 23rd subject to demand.

I would ask all sailors to remember a few important points:

1. These are standalone training sessions. There will be no league results or associated prizes fo-r any of these training sessions.
2. These sessions are being provided to allow us to return to the water safely and to shake off the cobwebs and train in advance of what is expected to be a return to traditional club racing in June.
3. Finally, I would thank you for continuing to act responsibly both on and off the water. I would ask you to remain particularly vigilant of gathering when you and/or your pod are entering or exiting the marina before and after training. We cannot have a congregation of sailors and I would ask you to please stick to your pods and allow ample time to get aboard and off your boat to avoid any rush. Remember this is training, if you are late, you can still train!!!

Any Questions, queries, or comments, please feel free to get in contact.

Yours sincerely
Daragh Connolly
Rear-Admiral of Keelboats
07/05/21

Links:

1. Irish Government Guidelines:
<https://www.gov.ie/en/campaigns/c36c85-covid-19-coronavirus/>

2. Zoom Pre-Training Meeting
<https://us02web.zoom.us/j/81601100139?pwd=dDNNbW9KL0FRWStvaDI0Vy9yZHY3QT09>
Meeting ID: 816 0110 0139
Passcode: 673460

3. Notice of interest for Thursday & Friday House
<https://www.royalcork.com/?p=47916&preview=true>

4. Health Declaration Form
<https://www.royalcork.com/health-declaration-form/>

5. Irish Sailing
<https://www.sailing.ie>